



Timbrook Public Safety Center 231 East Piccadilly Street, Ste. 330 Winchester, VA 22601

Telephone: FAX:

(540) 662-2298

(540) 542-1318 Website: www.winchesterva.gov

Reporting a Work Related Injury

Please follow the updated/revised instructions for reporting work related injuries. If reporting an on-the-job injury or illness, the following procedures apply to all City employees:

- Do not delay calling Coventry Workers' Comp Services NT24 Nurse Triage at 1-877-234-0898, the City of Winchester Member Number is 169. Complete the nurse triage information sheet and sign the panel of physicians form. Send completed forms to the office.
- · Workers' Compensation Packet includes: Nurse Triage Information Sheet, Panel of Physicians Form, Work Comp Medical First Report, Workers' Comp First Fill Prescription Form Instructions and Prescription Card Form. This packet must be completed for all injuries.

Nurse Triage Information Sheet:

- Form can be found at: http://fire.winchesterva.gov/
- Forms are to be returned and signed 24 hours post-accident.
- ALL injuries must be reported by supervisor and employee to the Coventry Workers' Comp Services NT24 Nurse Triage at 1-877-234-0898 and all paperwork must be returned to the office.
- If professional medical attention is required, a registered nurse will determine the best course of action based on the symptoms reported.
- Supervisors must provide a detailed description of the accident and injuries/illness.
- Employees are required to sign the nurse triage information sheet and the panel of physicians form.

Panel of Physicians Form Last Revised June 2012:

- Form can be found at : http://fire.winchesterva.gov/
- Supervisors must give all employees the opportunity to read, sign and retain a copy of the Panel of Physicians list for all on-the-job injury or illness claims.
- All employees must be given the opportunity to sign the form after each minor or major injury or illness; otherwise the employee may be giving up their benefits.
- Supervisors are encouraged to make a copy of this form and give it to the employee for future medical treatment.

Prescription Card Form:

- Form can be found at : http://fire.winchesterva.gov/
- VML has instituted a prescription card plan for workers' compensation claimants that can be used with a valid paneled physician's prescription. If an employee needs a workers' compensation prescription filled, the employee can use this one time card at any pharmacy.
- Employees do not pay any out-of-pocket expense for a valid workers' compensation prescription.
- Read Workers' Comp First Fill Prescription Form Instructions
- Supervisors need to complete the Name and Social Security Number (SS#) on the Prescription Card Form.

Special Notes for Supervisors:

- VML Policy if the workers' compensation claim is delivered within 24 hours and an
 employee seeks medical attention with a POP doctor, VML will pay the initial visit
 regardless of compensability or later denial.
- Employees are responsible for paying any invoice regarding a missed workers' compensation doctor appointment.
- Supervisors shall not prejudice any worker's rights to file a workers compensation claim out of disbelief, revenge or any other willful behavior.
- The Emergency Room may be used for injuries after-hours. Employees must follow up with one of the doctors listed on the Panel of Physicians.

Supervisors: In case of an injury your responsibilities are:

For minor injuries....

- Provide first-aid
- Complete the Nurse Triage Information
 Sheet and sign a Panel of Physicians
 Form
- Have supervisor and employee call
 Coventry Workers' Comp Services
 NT24 Nurse Triage
- Forward completed paperwork to the office

If Medical Attention is needed:

- Employee needs to take the Work Comp Medical First Report and have it completed by the physician and return the completed form to the office along with any other paper work received
- The Prescription Card needs to be used for any prescriptions that are given to avoid any out-of-pocket expense

For moderate and severe injuries....

- Provide first-aid
- Secure the accident scene
- Call ahead to medical provider
- Accompany employee to medical provider
- Complete Nurse Triage Information Sheet
- Have employee sign Panel of Physicians
 Form
- Accompany employee
 - o home, if he/she cannot return to work due to injury
 - o back to work, apply restriction if appropriate

Employee Injury Check List

If you are injured you should:

- Notify your supervisor
- Complete the Nurse Triage Information Sheet
- Sign the Panel of Physicians
- Call Nurse Triage (NT 24) at 1-877-234-0898, City of Winchester Member Number 169
- Seek medical attention if necessary at a participating Panel Physician or ED after normal business hours (ED visits will require follow-up meeting with a participating Panel Physician)
- Supply the participating Panel Physician with the description of required firefighter physical activities
- Have the Work Comp Medical First Report Completed by participating Panel Physician and return to work form completed with any additional paperwork then forward to Fire and Rescue administration attention Safety 6
- Report to Fire and Rescue administration immediately after medical attention is received from the participating Panel Physician
- Administration will review the physician's recommendations and decide if light duty is an option or if time-off is required
- Use the prescription card form at the pharmacy for any prescriptions that were prescribed to avoid any out-of-pocket expense
- If the injury happened on an incident; you need to enter the information in the Firehouse report under the casualty report for that incident
- If the injury was not on an incident; you need to request an incident number from ECC, have ECC enter the location of the injury as the address and use Safety 6 as the unit (this should be completed the same day as the injury)
- You need to notify the following staff of the injury via e-mail; Fire Chief, Deputy Chief of EMS, Deputy Chief of Operations, Health and Safety Officer

Nurse Triage Information Sheet

Important: The employee MUST see a medical provider on the attached Panel of Physicians if there is any question about his or her medical condition.

Coventry Workers' Comp Services NT24 - Nurse Triage - 1-877-234-0898 City of Winchester Member Number 169

Report Number:	Medical Attent	ion Needed: Yes No
Employee Name (last name fi	irst):	SSN#
Home Address:		Zip:
Home Phone#:	Work Phone#:	D.O.B
Date of Injury/Illness:		
Time: 🗆 a.m. 🗆 p.	m.	
Dept:	Job Title:	
Incident Description:		
Name of Witness: First-Aid Treatment Administ		
Describe First-Aid Treatment	:	
Actual/Anticipated return to v	vork date:	
	<u></u>	
Supervisor's Signature	Date	
Employee Signature	Date	

WINCHESTER, CITY OF WORKERS COMPENSATION PANEL OF PHYSICIAN

THE CLOSEST EMERGENCY FACILITY MAY BE USED IN AN EMERGENCY SITUATION. ONCE THE EMERGENCY TREATMENT IS COMPLETED A PANEL PHYSICIAN MUST BE CHOSEN FOR FOLLOW-UP CARE.

	I agree to select a doctor, if needed, from the below panel. I have declined to select a physician from the below panel. I understand that I will have to pay for any medical treatment or doctor's bills, and that I will be denied workers' compensation coverage for any absence based on a disability which is not certified by an approved panel physician.					
Signature of		ployee	Date			
	Signature of Sup		Date			
607 Eas	Health Occupational Services t Jubal Early Drive ster, VA 22601	Kevin Culbert, DO	540-536-2200			
1867 Ar	t Family Practice nherst St ster, VA 22601	Harry Nelson III Gustin, MD Megan Williams , DO Patricia Houser, MD William Bender, MD	540-667-8724			
83 Retai	oress Martinsburg Urgent Care Center l Commons Parkway ourg, WV 25403	Etosha Dickson, MD Kolawale Oshiyoye, MD William Dressler, MD	304-264-9730			
1355 Ed	oress Martinsburg, WV Urgent Care Center win Miller Blvd. Suite A burg, WV 25404	Ambroz Allessandro , MD Etosha Dickson, MD John Giangola, MD Kathryn Reihard, MD Mikela Swenson, MD Reed Erickson, MD	304-263-6753			

WINCHESTER, CITY OF WORKERS COMPENSATION PANEL OF PHYSICIAN

MedExpress Urgent Care Winchester
207 Gateway Drive
Winchester, VA 22603

Ralph Rickel, MD

540-535-1029

Medics USA	V - 7	/inchester
290 Front Re	oyal	Pike
Winchester,	٧A	22602

Khodaidad Basharmal, MD

540-662-5300

Mountain View Family Medicine 33674 Old Valley Pike Strasburg, VA 22657 Thomas Edward Holthus, DO

540-465-3751

Valley Health Occupational Services 97 Administrative Drive Martinsburg, WV 25404 Kirsten Zeiss, MD Nandita Subedi, MD 304-350-3200

Valley Health Urgent Care 607 East Jubal Early Drive Winchester, VA 22601

Kirsten Zeiss, MD Mark R Jones, MD 540-536-2232

Valley Health Urgent Care &Occupational Health
Warrenton

120 N Commerce Ave Front Royal, VA 22630 Laura Lawson, DO

540-635-0700

Winchester Urgent Care 2505 Valley Avenue Winchester, VA 22601 Harjit Bagri, MD

540-665-0084

WINCHESTER, CITY OF WORKERS COMPENSATION PANEL OF PHYSICIAN

Specialist Panel

Hands

* This panel is to only be used after the employee was referred to a specialist by a general practitioner above.

Bone & Joint Specialists of Winchester 190 Campus Blvd #310 Winchester, VA 22601 Martin Baechler, MD

540-667-9252

Orthopaedic

Bone & Joint Specialists of Winchester 190 Campus Blvd #310 Winchester, VA 22601 Dwight Kemp, DO James Larson, MD 540-667-9252

Richard Patterson, MD Thomas Courtney, MD William Cooper, DO

Winchester Orthopaedic Associates 128 Medical Circle Winchester, VA 22601

Abbey Gore, MD

540-667-8975

Stephen Martenson, MD Thomas Wise, MD

Winston O Cameron, MD

Orthopaedic Back and Spine

Winchester Orthopaedic Associates 128 Medical Circle Winchester, VA 22601 John Zoller, III, MD

540-667-8975

Required Firefighter Physical Activities: The physical demands described here are representatives of those that must be met by an employee to successfully perform the essential functions of the job. Firefighting requires considerable physical effort working continuously with average and frequently heavy weight. The requirements listed below are frequent and may be exercised for long periods of time, and are not limited to climbing, balancing, flexing, stooping, kneeling, crouching, walking, running, jumping, crawling, lifting, pushing and hoisting.



Work Comp Medical First Report To be completed by the treating physician - Please send completed forms to VML Insurance

Patient's Name:	9
Patient's Address:	
Name of Employer:	City of Winchester
Date of Accident or Illnes	SS://
Patients account of How I	Injury or Exposure Occurred:
Name of Medical Facility	<i>y</i> :
Date of Visit:/	/ Arrival Time: AM/PM Departure Time: AM/PM
New Injury/Illness □	Existing Condition
* * * * * * * *	
Recommended Work Sta	
	Il duty beginning://
	odified duty beginning://
	lation based on:
	personal review of functional job description
	verbal description of job by employee/patient
	verbal description of job by employer representative
	other (describe:)
The employee	re/patient is medically able to do the following activities:
-	
Does condition	on preclude travel to and from work Yes No
	on preclude being at work
	turn to full duty beginning://
Unable to work at	
To the state of th	turn to modified duty beginning://
	turn to full duty beginning:/
	ease note any contributing factors, prior injuries and pre-existing conditions):
nysician s commens (Fie	
	rith; Date: / / Time: AM/PM
ollow-Up Appointment wi	rith: Date:/ Time: AM/PM
ollow-Up Appointment wi	



Workers' Compensation First Fill Prescription Form Instructions

With this form, a 7 to 10 day supply of medication will be provided to the injured employee at no cost. Instruct the injured employee to take this form to a network pharmacy and present this to the pharmacy with their prescription(s).

There are more than 61,000 pharmacies nationwide in the network, 1500+ in Virginia. The network includes all major chains (CVS, Rite Aid, Walgreen, Wal-Mart, K-Mart, Target, etc.) as well as most of the medium and small local pharmacies (Gaunts Drugstore, Inc, Martins Pharmacy, Medical Arts Pharmacy, etc.). To view the pharmacy network or find a local pharmacy, visit the website www.modernmedical.com. Scroll down; the bottom left corner of the website is a pharmacy location feature (as well as a drug lookup).

Once the claim is received and reviewed by VML Insurance Programs (VMLIP), VMLIP will let the pharmacy provider know if the claim is accepted or denied. If accepted, the remaining supply of medication will be filled. Any future prescriptions the injured employee needs will be direct billed through the pharmacy provider. A pharmacy representative will also contact the injured employee and explain the process. If the claim is denied, there is no financial consequence to the injured employee for the first fill.

Important Information and Instructions for providing a first fill form to an injured employee:

- This form is for workplace injuries only and for City of Winchester employees only
- A workers' compensation claim must be reported to NT24; 1-877-234-0898 (City of Winchester VMLIP Member Number is 169)
- Pre-fill the employee's name and SSN before providing this form to the employee
- Only provide this form to an employee after the initial treatment when medication is prescribed
- If the claim is reported late or the employee waits to seek treatment (a week or more following the injury), do not provide the employee with this form, have the employee contact their VMLIP representative; 1-800-963-6800
- This form is valid for one time use only. Do not provide an employee with additional forms for the same injury. For additional medication beyond the first fill, the injured employee must contact their VMLIP representative: 1-800-963-6800.





Instant Coverage Workers' Compensation Prescription Program

Plan, Carrier, Group: VML169 Employer: City of Winchester

Employee's Name: _____ Employee's SS#: _____

Attention Pharmacist

Please retain for your records; billing is through InformedRx



Customer Service: 1-800-547-3330 BIN No. 610011

PCN: IRX

Covered medications include only
Those normally used in Workers'
Compensation injury cases.
Process prescriptions through
InformedRx

Administered By: Modern Medical, Inc. 1-800-547-3330

Instructions for Prescription card: ① Write in employee's name and Social Security Number. ② Give card to pharmacist along with prescription written by physician. ③ Card is valid for first fill of prescription only and will deactivate after first use. ④ Should an employee encounter problems, immediately contact Modern Medical at 1-800-547-3330 ⑤ Refills must be authorized by VML Insurance Programs.



EMPLOYEE INCIDENT REPORT FORM

- All job-related injuries or illnesses regardless of extent call 1-877-234-0898 to speak to a nurse 24/7, 365 days a year.
- Report the accident immediately to your supervisor and a physician chosen from the PANEL OF PHYSICIANS must be used if medical treatment is needed.
- If a panel physician is unavailable at the time of an emergency, an emergency facility may treat you; however, any follow up care must be rendered by the physician chosen by you from the Panel of Physicians.
- In addition to calling the nurse hotline above, this form must be completed by the employee and supervisor and emailed to Michael.Bozeth@winchesterva.gov within 24 hours of all incidents.

and emailed to Michael. Bozeth @winchesterva.gov within 24 hours of all incidents.					
First Name:		Last Name:		Job Title:	
Date of Injury:	Hour:	AM[PM[c: AM 🖂 PM 🖂	Employee Number:
Department Name:		Name of Supervisor:		Date Reported to Sup	ervisor:
Exact Location of Accident:				Name of Witness:	
Describe Accident (What was injured w	orker do	ing; what objects, machine	es or materials were i	nvolved):	
Regular Days Off:	•	V	Vorking Shift	AM PM to	AM PM
What part of your workday?					
During meal period During	break	Working overtin	ne Other		
Please circle part(s) of body affected	BOI HEAD NECK ARM LEG FOOT OTHE	□BACK □CHEST □HAND □FINGER □KNEE □ANKLE □TOE	□COLD IN □LOSS OF CONCIC	□FRACTURE STRAIN □FOREIGN BOD JURY □HEAT NJURY	□PUNCTURE □BURN Y□POISON □DEMATITIS
Employee Signature:				Date:	

SUPERVISOR'S INVESTIGATION OF INCIDENT

Result of Incident:

☐ FIRST AID CASE ONLY ☐ REQUIRED DOCTOR'S CAR	☐ HOSPITALIZED E ☐ RECORD ONLY	☐ TIME LOSS ☐ DEATH				
Did you personally view the incid	ent site? □Yes □No	Employee Category	☐ Part Time	□ Full Time	☐ Temporary	
Names of witnesses (if any):		***************************************				

Written witness statements/photog						
Description continued on attached	sheets:					
UNSAF	UNSAFE CONDITIONS					
☐ OPERATING WITHOUT AUTHORITY ☐ FAILURE TO WARN OTHERS ☐ OPERATING OR WORKING AT UNSAFE SPEED ☐ MAKING SAFETY DEVICES INOPERATIVE ☐ FAILURE TO SECURE OBJECTS ☐ USING UNSAFE EQUIPMENT OR EQUIPMENT UNSAFELY ☐ UNSAFE LOADING, LIFTING, CARRYING ☐ TAKING UNSAFE POSITION OR POSTURE Why did the unsafe conditions exist Why did the unsafe acts occur?	□ HORSEPLAY □ FAILURE TO USE PERSONAL PROTECTIVE DEVICES □ FAILURE OT OBSERVE SAFETY REGULATIONS □ LACK OF TRAINING OR KNOWLEDGE □ PREVENTABLE VEHICLE ACCIDENT □ SLIPS AND FALLS □ FAILURE TO LOCK OUT/TAG OUT □ OTHER:	□ IMPROPERLY GUARD EQUIPMENT OR M □ DEFECTIVE TOOL OR EQUIPMENT □ POOR HOUSEKEEPING □ IMPROPER LIGHTING □ IMPROPER VENTILAT FUMES, ETC.) □ UNSAFE DESIGN OR CONSTRUCTION □ SLIPPERY OR OTHER SURFACE	G (G) (G) (G) (G) (G) (G) (G) (G) (G) (G	□ INADEQUATE V SYSTEM □ HAZARDOUS S' ARRANGEME □ HAZARDOUS D APPAREL □ HAZARDOUS W PROCEDURE □ HAZARDOUES V ENVIRONME □ CONTACT WITH PLANTS, INSI CHEMICALS, BITES, ECT. □ OTHER:	TORAGE OR ENT RESS OR ORK WEATHER OR NT H POISONOUS	
Is there is a shortcut (such as "the job can be done more quickly" or "the product is less likely to be damaged" that may have encouraged the unsafe conditions or acts? \[\sum \text{Yes} \sum \text{No} \]						
If yes, describe:						
Were the unsafe acts or conditions		□ Yes □ No				
Have there been similar incidents of		☐ Yes ☐ No				
What changes up you suggest to	prevent this incident from happen	ung agailt i				
☐ Stop this activity ☐ Guard the hazard ☐ Train the employee(s) ☐ Train the supervisor(s) ☐ Redesign task steps ☐ Redesign work station ☐ Write a new policy/rule ☐ Enforce existing policy ☐ Routinely inspect for the hazard ☐ Personal Protective Equipment ☐ Other:						
What should be (or has been) done to carry out the suggestion(s) checked above?						

	IF WARRENTED, WHAT PRACTICAL CORRECTIVE ACTION WILL BE TAKEN BY SUPERVISION TO PREVENT RECURRENCE? Note: The wording "be more careful" is unacceptable, as it does not present a viable solution. If the cause is properly identified, there should be several solutions.					
SUPERVISOR'S SIGNATURE DATE						
MANAGEMENT REVIEW SIGNATURE DATE						
DEPARTMENT HEAD'S SIGNATURE DATE						